

Adult Immunizations

What Immunizations Should Adults Have?

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Vaccine	Who Should Get It?	When Should You Get It?
Influenza ("Flu Shot")	<ol style="list-style-type: none">1. People age 65 Years or Older2. People with medical problems like heart disease, lung disease, diabetes, kidney problems, asthma.3. Pregnant women who will be in their 2nd or 3rd trimester during influenza season (December through April).4. Health Care Workers5. Anyone taking care of people who are at risk6. Anyone who wants to avoid getting influenza	October through November is the best time, but it's never too late.
Pneumococcal	<ol style="list-style-type: none">1. People age 65 Years or Older2. People with chronic illnesses like heart disease, lung disease, liver disease, diabetes.3. People who don't have a spleen or have CSF leaks.4. Immunocompromised people with HIV infection, leukemia, lymphoma, Hodgkin's disease, or those who have received organ or bone marrow transplants.	Usually given one time. (Some people might need one more dose after 5 years. Check with your healthcare provider.)
Hepatitis B (HBV)	<ol style="list-style-type: none">1. Household contacts and sex partners of people infected with hepatitis B.2. Anyone who injects drugs.3. Heterosexuals who have more than one sex partner in 6	Three doses are given.

	months. 4. Men who have sex with men. 5. Anyone recently diagnosed with a sexually transmitted disease. 6. Patients on dialysis or who may end up on dialysis. 7. Health care workers and public safety personnel who may be exposed to blood.	
Hepatitis A (HepA)	1. Adults who travel outside the US 2. People with chronic liver disease 3. People with hepatitis C 4. People with hepatitis B 5. Anyone who injects drugs 6. Men who have sex with men 7. People with blood clotting disorders.	Two doses are given.
Tetanus, Diphtheria (Td or the "10-year shot")	All adults	Every 10 years.
Measles, Mumps, Rubella (MMR)	1. Anyone born in 1957, or after needs at least one dose. 2. Health care workers, students entering college or other post-secondary schools need two doses.	If you need a second dose, it should be given at least 30 days after the first dose.
Varicella (Chickenpox)	1. Any adult who doesn't have a reliable history of chickenpox.	Two doses are given.

* Adults who are traveling may need other immunizations.

For more information on what immunizations you need, speak to your healthcare provider or contact the New Hampshire Immunization Program at 1-800-852-3345, extension 4482, or (603)271-4482. You can also e-mail us at immunization@dhhs.state.nh.us .